

December 2016

Congregates & Kentucky HOT
Meal Clients

Wesley Community Services
513-244-5485

2% milk, skim milk, chocolate milk,
or cheese available.

White or wheat breads are
available. Margarine provided.

Wesley uses fresh herbs and spices
in their meal preparation.

Mrs. Dash is available upon
request.

Monday	Tuesday	Wednesday	Thursday	Friday
			1 Rib w/BBQ Sauce Spinach Sweet Potato Pineapple Cup Cereal 1 Slice of Bread	2 Lasagna Roll w Crumbled Sausage & Marinara Green Beans Cauliflower Club Cracker Fresh Fruit 1 Slice of Bread
5 Pork Chop Diced Beets Broccoli Pear Cup Cereal 1 Slice of Bread	6 Meatballs w/Mushroom- Onion Gravy & Elbow Noodles Lima Beans Broccoli Tropical Juice Pear Cup 1 Slice of Bread	7 Breaded Chicken w/Brown Rice Broccoli Fruit Cocktail Peanut Butter Cup Cranberry Juice 1 Slice of Bread	8 Spaghetti w/Meat Sauce Peach Crisp Cauliflower Pear Cup Cereal	9 BBQ Pork Macaroni & Cheese Green Beans Mandarin Orange Cup Peanut Butter Cup 1 Slice of Bread
12 Turkey Mett w/Sauerkraut Mashed Potato Green Beans Pineapple Cup Chez Its 1 Slice of Bread	13 Grilled Breast Macaroni & Cheese Peas/Carrots Tomato Juice Fresh Fruit Cereal 1 Slice of Bread	14 Country Fried Steak w/Gravy Pea/Carrots Diced Peaches Chez Its Apple Juice 1 Slice of Bread	15 Taco Meat w/Shredded Cheese & Tortilla Shell Brown Rice Black Beans Mandarin Orange Cup Tomato Juice	16 Salisbury Steak w/Gravy Mashed Potato Apple Crisp Fruit Bar Cranberry Juice Peanut Butter Cup 1 Slice of bread
19 Meatloaf w/Gravy Spinach Pea/Carrots Pineapple Cup Fresh Fruit Cereal 1 Slice of Bread	20 Cincinnati Chili w/ Spaghetti Shredded Cheese Black Beans Apple Crisp Fruit Roll Up Apple Juice 1 Slice of Bread	21 Sliced Turkey w/Broth Lima Beans German Potato Salad Chez Its Fresh Fruit 1 Slice of Bread	22 Ham Cauliflower w/Peppers Sweet Potato Pucks Fresh Fruit Cheese Its Grape Juice 1 Slice of Bread	23 Chicken Strips w/Brown Rice Succotash Fruit Cocktail Cranberry Juice Cereal
26 Closed for Christmas	27 Teriyaki Chicken w/White Rice Mixed Greens Muffin Pineapple Cup Fresh Fruit	28 Cheese Beef Casserole Diced Potato Spinach Cereal Mixed Fruit Cup	29 Stuffed Shells w/Marinara & Parmesan Vanilla Pudding Cauliflower Peach Crisp Orange Juice 1 Slice of Bread	30 Rib w/BBQ Sauce Spinach Sweet Potato Pineapple Cup Cereal 1 Slice of Bread

Your order may contain
substitutions sometimes based on
product availability.